



News From

Maggie Brooks

Monroe County Executive

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BROOKS LAUNCHES EMPLOYEE FITNESS CONTEST

Monroe County begins second year of Wellness Program

Monroe County Executive Maggie Brooks today kicked off the second year of the County's employee Wellness Program that promotes healthier lifestyles and protects taxpayers through decreased health costs and increased workforce productivity. New this year, the **Get Real Fit Contest** offers two employees the chance to take control of their health. The contest is a partnership with World Gym Rochester.

*"Today, we are taking another important step forward in encouraging our workers to maintain a healthy lifestyle," said **Brooks**. "Our wellness program plays a critical role in instilling positive choices, further reducing our County's health care costs, and protecting the taxpayers of our community."*

The Get Real Fit Contest will offer two employees weight-loss resources and skills to help them transform their health and their lives. An Exercise from Home Contest will enable other employees to compete against the Get Real Fit contestants.

The Monroe County Wellness Program includes the Eat Well Live Well Challenge and the American Heart Association Heart Walk. In addition, the County hosts monthly educational sessions on a variety of health topics, provides free blood pressure readings, and offers smoking cessation programs for employees.

Research has shown that wellness programs translate into fewer injuries, less human error, a more productive and positive office environment, and increased health awareness.

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